

Human feelings stay ambiguous no matter the time I spend in trying to get to the bottom of them. They aren't tangible, and so it creates a challenge to humans who, for the longest time, had power on what is. The question that stole my sleep for me was, is it good or bad that we almost can't understand feelings fully?

You see, nothing is good about not knowing something, it is scary and anxiety inducing. No matter the scenarios, it is always better to know. but for feelings, I've come to peace with the fact that I don't know it.

But how much should we know and not know? it is disastrous for a human being to not recognize the emotions they deal with and will deal with to the end of their time. It is the root of despair, issues, and lack of life. If you didn't know how sunny mornings, Christmas trees, loss, and failure make you feel, then how is others supposed to know?

An even bigger problem is misunderstanding feelings.